



Sonic LX™

Percussion Massage Gun

User Manual

Targeted Deep Tissue Massage

Melt away tension, soothe sore muscles, and boost circulation.



Hello There!

Joel and I are athletes who suffered from severe ACL injuries a few months apart. We purchased multiple pieces of wellness equipment for our in-home rehab but were left disappointed and frustrated by wellness and recovery devices that made big promises but gave no support, no well-thought-out plan to follow, and no results. And that's how Lifepro came about, and why the Fitness collection was created—we've set out to change all of that. It's why every piece of equipment bearing our name not only undergoes rigorous scrutiny to make sure it delivers on power and efficacy, but also includes ongoing member support from our Lifepro team and a lifetime warranty so you're never left hanging.

Welcome to Lifepro.

We're in this together now.

Abe & Joel

Scan Here to Join Our Community!

We want you to be a part of our Lifepro crew! Join our VIP Facebook Group and connect with people around the world who are out there killing it, just like you.

YOUR FITNESS. YOUR WAY.



What's in the Box? 🚀



CUSTOMER SUPPORT

If you have any questions about setting up the Sonic LX, we're here to help. Email us at support@lifeprofitness.com and an experienced customer support representative will be happy to assist you.

Quick Start Guide

Scan Here 

Use any of the QR codes in this manual for helpful instructions, tutorials, and other resources curated specifically for you and your Sonic LX.



1 | PREP

1. Read through all safety instructions before beginning your first workout session.

2 | CHARGE

1. Ensure the Sonic LX is OFF before charging.
2. Charge the battery fully (for up to 3 hours) before using for the first time.
3. Connect the charging adapter to the charging port at the base of the battery/handle.
4. Plug the adapter into a wall outlet.
5. When fully charged, all 4 Battery LEDs will stay lit.
6. Disconnect the charger.



3 | CHARGE THE HEATED TIP ATTACHMENT

1. Ensure the heated tip is powered off before charging.
2. Plug the USB-C end of the charging cable into the USB-C port on the underside of the massage head.
3. Plug the input end of the cable into a 5V 2A or 1A charging adapter such as a cell phone charger, OR into a USB port on a laptop or computer.
4. When fully charged, the green LED indicator will light up.



4 | SET UP

1. Make sure the Sonic LX is fully charged and powered OFF.
2. Select the desired massage head attachment.
3. Insert the stem of the attachment into the nozzle of the Sonic LX.



NOTE: The shovel and spinal attachments have a small raised notch on the stem of the attachment. Ensure the small notch is lined up with the cutout on the nozzle of the unit.

- Press the attachment in firmly to secure it.
- See **VIBRATION SPEED OPTIONS** and **MESSAGE HEAD ATTACHMENTS** on pages 06 and 07 for more information.

5 | START

1. Slide the Power switch on the bottom of the battery/handle to the ON position.
2. Press the **Speed + button** on the handle to turn on the vibration speed level 1 (15 Hz). Continue pressing the button to set the vibration speeds from levels 1-9 (15-55 Hz). You can continue using the **Speed + button** to toggle through the vibration speeds and back to 0 (OFF), or use the **Speed - button** to reduce the level back to 0.
3. For more detailed information, review the **OPERATING INSTRUCTIONS** on pages 08-09.

6 | FINISH

1. Slide the Power switch to the OFF position to power off the device.

Scan Here  Activate Your Warranty

Scan the QR code to activate the lifetime warranty for your Sonic LX within 14 days of purchase.



VIBRATION SPEED OPTIONS

Nine different massage speeds allow you to choose the right intensity for a particular muscle group or trigger point.

Each speed offers a different vibration frequency (Hz) and percussions per minute (RPM).

SPEED	1	2	3	4	5	6	7	8	9
HZ	15 Hz	20 Hz	25 Hz	30 Hz	35 Hz	40 Hz	45 Hz	50 Hz	55 Hz
RPM	1,800	2,000	2,200	2,400	2,600	2,800	3,000	3,200	3,400

Tips for Using the Sonic LX

- Move the Sonic LX over the desired muscle groups (about 1-3 minutes per region).
- Apply pressure as needed; however, there should never be a need to press very hard. The vibration pulses do all the hard work!
- Use the Sonic LX for 15-20 minute sessions up to 3 times per day.
- Avoid keeping the massage head in one area for more than 3 minutes.
- When using the 3 metal massage attachments, avoid lingering longer than 30-60 seconds in any 1 area, as the metal could cause discomfort.

Massage Head Attachments

Ten interchangeable massage attachments are included with your Sonic LX. The massage attachments allow you to target different areas of your body and specific massage therapy needs.



Round

Improves recovery and reduces muscle soreness post-workout with gentle oblique impact.



Spinal

Loosens up tough back tissue and improves flexibility.



Flat

For muscles and areas that need more help. Simulates a deep tissue massage.



Bullet

Designed specifically to target problem areas and release muscle knots and trigger points.



Shovel

Targets back muscles and areas surrounding the spinal column that need a little more help.



Absorber

Relieves muscle pain in tender areas, such as sensitive or sore muscles.



Rounded Hexagon

Relieves muscle pain in tender areas, such as sensitive or sore muscles.



Heated Tip

Designed to improve blood flow, relax sore or stiff muscles, and relieve pain. This rechargeable massage head heats to 131° F.



Metal Cone

Use with massage oil to simulate the perfect deep-tissue massage for muscles and areas that need more help.



Metal Flat

Use with massage oil to simulate the perfect deep-tissue massage for muscles and areas that need more help.

Operating Instructions

Scan Here →

Scan now to learn more about your Sonic LX.



Please read the operating instructions before using the Sonic LX Percussion Massage Gun. Keep this manual for reference.

USING THE SONIC LX PERCUSSION MESSAGE GUN

1. Once you have selected and attached your preferred message head, slide the **Power switch** at the bottom of the battery/handle to the ON position.
2. Press the **Speed + button** on the handle to turn on the vibration to speed level 1 (15Hz). The vibration speed will begin. To choose from 9 speed levels (15-55 Hz):
 - a. Press the **+** button to increase the speed.
 - b. Press the **-** button to decrease the speed.
3. At the desired speed, float the head of the message head along a muscle group. Apply pressure as needed.
4. Slide the **Power switch** to the OFF position after each use.

REMOVING AND REPLACING A MESSAGE HEAD ATTACHMENT

1. Ensure the Sonic LX is powered off.
2. Firmly grasp the base of the message head attachment, and pull out straight.
3. Insert the stem of a new attachment into the nozzle of the unit.

NOTE: The shovel and spinal message attachments have a small raised notch on the stem of the attachment. Ensure the small notch is lined up with the cutout on the nozzle of the unit.

4. Press the attachment in firmly to secure it.

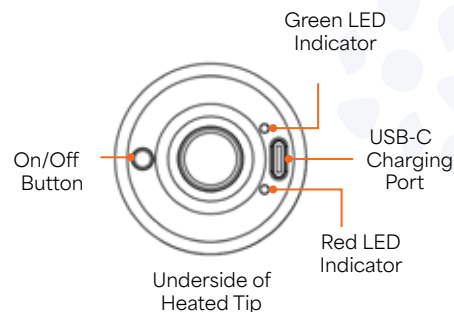
CHARGING

- Fully charge your Sonic LX for up to 3 hours before using it for the first time.
- After the first charge, your Sonic LX should take about 90 minutes to charge.
- Full charge is indicated when the Battery Indicator LEDs stop flashing and remain illuminated.
- Average run-time is about 3-4 hours (varies by speed level used).

CHARGING THE HEATED TIP MESSAGE ATTACHMENT

Charge the heated tip with the included USB-C charging cable:

1. Plug the USB-C end of the charging cable into the USB-C port on the underside of the message head.
2. Plug the input end of the cable into a 5V 2A or 1A charging adapter such as a cell phone charger, or into a USB port on a laptop or computer.
3. When charging, the red LED indicator will flash. When fully charged, the green LED indicator will light up.
4. When green LED indicator is lit during use, battery is full and heat is on.
5. When the red LED indicator is lit during use, the battery is low and the message head should be charged to continue using.



USING THE HEATED TIP ATTACHMENT

1. Ensure the SonicLX is powered OFF.
2. Insert the heated tip attachment into the massage gun nozzle.
3. Press and hold the **On/Off button** on the underside of the massage head to turn heat on. The green LED will light up indicating heat is on. It will take a few minutes for the heat to reach full temperature of 131° F.
4. Slide the Power switch to the ON position to power on the SonicLX.
5. Select the desired speed.
6. Float the head of the heated tip attachment along a muscle group. Apply pressure as needed.

 WARNING:

Avoid prolonged use in any one area to avoid burning your skin. If the heated tip begins to feel too hot, place a towel or cloth between the massage head and your skin. Check the areas you are treating frequently and stop immediately at the first sign of pain or discomfort.

7. Slide the Power switch to OFF position to turn off the unit after each use.
8. Press and hold the **On/Off button** on the underside of the massage head to turn heat off.

Cleaning and Storage

- Use a soft towel or cloth to wipe any dirt or moisture from unit.
- For storage or travel, store in the Sonic LX case.

Product Specifications

UNIT SPECS	
Size: 11.5 × 2.8 × 6.6 in 29.2 × 7.1 × 16.8 cm	Weight: 2 lbs. 0.91kg
No-Load Speed: 1800-3400 RPM	Decibel Rating: 60-65 dB
Amplitude: 12 mm	
BATTERY	
Rated Voltage: 24 VDC	Type: Lithium-ion
Capacity: 2000 mAh	Use Time: 3-4 hrs (varies by speed)
Charging Time: 90 minutes	
AC CHARGING ADAPTER	
Rated Input: AC100-240 V ~50/60 Hz	Rated Output: 25 V DC-1A

Made in China



FCC Statement

This device complies with part 15 of the FCC Rules. Operation is subject to the following two conditions: (1) this device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.

NOTE: Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

NOTE: This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.



Industry Canada Compliance Statement

This device complies with Industry Canada licence-exempt RSS standard(s). Operation is subject to the following two conditions: (1) This device may not cause interference, and (2) This device must accept any interference, including interference that may cause undesired operation of the device.

Le présent appareil est conforme aux CNR d'Industrie Canada applicables aux appareils radio exempts de licence. L'exploitation est autorisée aux deux conditions suivantes : (1) l'utilisateur de l'appareil ne doit pas produire de brouillage, et (2) l'appareil doit accepter tout brouillage radioélectrique subi, même si le brouillage est susceptible d'en compromettre le fonctionnement.

From Our Vibration Collection:

Waver Vibration Plate

Take your wellness routine to the next level with the Lifepro Waver. This easy-to-use vibration platform supports your fitness goals by encouraging movement, muscle activation, and gentle stimulation—all with minimal impact.



Gentle, rhythmic vibrations help stimulate your body through repeated muscle engagement, making it a great tool for complementing your existing workout routine or recovery regimen.

Highlights:



ENHANCES
STABILITY



FULL-BODY
ACTIVATION



LOW-IMPACT
EXERCISE



CUSTOM
INTENSITY

Built for Flexibility

Includes mini bands and resistance bands for a variety of workout options, from light stretching to upper-body resistance moves.

Safety Instructions

Before using this product, read all safety warnings and operating instructions. Failure to do so may result in burns, fire, electric shock, serious injury or death, or damage to the product or property. *Keep this manual in a safe place for future reference.*

NOT INTENDED FOR

- This product is not intended to be used:
 - On your head, spinal column, or other bony regions.
 - On sensitive areas such as throat, eyes, ears, teeth, heart, or reproductive organs.
 - While charging.

CONTRAINDICATIONS

- This product is intended for use by people in good health.
- Do not use over open or bleeding wounds or in areas with serious injuries. Do not use over infected, bruised, swollen, inflamed, or sunburned skin.
- Do not use this product if you:
 - Have blood clots, deep-vein thrombosis, deep thrombophlebitis, phlebitis, severe cardiac dysfunction, arrhythmia, erysipelas, or pulmonary edema.
 - Have cancer, or suspect you may have cancerous lesions in the treatment area. Do not use over malignant or benign tumors.
- Consult with your physician before using this product if you:
 - Are under the care of a physician for a pre-existing health condition.
 - Have diabetes, peripheral neuropathy dysfunction, poor blood circulation, or if you have sensory deficiencies.
 - Have migraines, osteoporosis, spinal injuries, fractures, herniated or slipped discs, chronic back pain, sciatica, spondylolisthesis or other orthopedic conditions or disorders affecting the back or spinal column.
 - Have joint pain, disorders, or conditions, including arthritis or rheumatoid arthritis, or if you have muscle or soft tissue damage or inflammation.

- Have a pacemaker, artificial heart, or other medical implant.
- Have recently had surgery, LASIK, or PRK eye surgery.
- Are pregnant, suspect you may be pregnant, or if you have recently given birth.

DISCLAIMER

- This product is not a medical device. This product and the information in this manual are not intended to diagnose, treat, cure, or prevent any disease or medical condition. The health benefits suggested or implied in this manual, other product literature, and company website are not certified or endorsed by any regulatory authority or medical institute. The information in this document is not a substitute for expert medical care or advice.
- The use of this product is entirely at the user's discretion. Please read all instructions and safety information carefully before using this product.
- We assume no responsibility and expressly disclaim any and all liability for personal injury, death, or property damage or loss sustained through improper use, failure to follow the instructions and warnings in this manual, inadequate or improper maintenance, or neglect of this product.
- It is the responsibility of the owner to ensure that all users of this product are adequately informed of all warnings and cautions.
- Use this product only as instructed in this manual.



WARNING:

To reduce the risk of burns, fire, electric shock, serious injury or death, or damage to the product or property:

- Risk of fire and burns. Do not open, crush, heat above 140° F, or incinerate.
- Only use the provided charging adapter at the specified voltage to charge the device. Using a charging adapter other than the one provided may result in fire or explosion.
- Do not use the provided charging adapter to charge other devices.
- Do not modify, tamper with, or damage the charging adapter.
- Never unplug the charging adapter by pulling on the cord.
- Never use a modified or damaged charging adapter to charge the device.

- Do not modify, tamper with, or damage the charging adapter. Never bend, tie, pull, or twist the charging adapter cable. Never use a damaged or modified charging adapter to charge the device.
- Never drag or hang the device by its charging cable. Never intentionally drop the device.
- Do not modify, tamper with, damage, or attempt to disassemble the device.
- Do not remove screws or attempt to disassemble the battery/handle. The battery inside is not replaceable or removable.
- Inspect the device, battery, and charging adapter for damage, wear, or fraying before each use. Do not use if damaged, malfunctioning, or if the device has been exposed to water.
- Keep the device and charging adapter away from flammable or explosive items, chemicals, fire, heat sources, and direct sunlight at all times. Do not use or charge in high temperatures or direct sunlight. Do not use or charge under a blanket or pillow. Excessive heat can cause a battery explosion, fire, electrocution, serious injury, death, or property damage.
- Bruising can occur regardless of the speed level selected. Check treatment areas frequently, and stop immediately if you experience pain or discomfort.
- Do not operate or charge in the presence of aerosol (spray) products or corrosive gases, or where concentrated oxygen is being administered.
- Keep this device away from liquids. Do not immerse it in any liquid. Do not use outdoors, in high-moisture environments, or in any place where the device may become wet. Do not immerse in water. If the device becomes wet, do not use it.
- Do not use during electrical storms.
- Do not touch the device or charging adapter with wet hands.
- Do not use the device over wet skin or clothing, as this may result in electric shock or short circuit.
- Do not use the charging adapter with an extension cord.
- Keep sharp objects away from the device and charging adapter.
- Keep ventilation ports free from dust and debris. Do not block ventilation ports.
- Do not insert objects into any opening.

- Do not use the device while it is charging.
- Never leave the device unattended while running or charging. Unplug the device as soon as full charge is reached.
- Do not operate the device while sleeping, driving, smoking, or under the influence of drugs or alcohol.
- Do not use this product on sleeping or unconscious people or infants.
- For adult use only. Keep out of reach of children and pets. Children should be supervised to ensure that they do not play with the device.
- This device is not intended for use by adults with diminished mental, sensory, or physical capacity unless they are closely supervised by a responsible adult.



CAUTION:

To reduce the risk of minor or moderate injury:

- Keep hair, fingers and other body parts, clothing, and accessories away from moving parts to avoid injury.
- Use the device only on soft tissues. Do not use on your head or other bony regions. Do not use on sensitive areas such as the throat, eyes, ears, teeth, heart, reproductive organs, or breast augmentations. Do not use directly on the spinal column.
- Bruising can occur regardless of the speed level selected. Check treatment areas frequently and stop immediately if you experience pain or discomfort.
- Do not use without a massage attachment installed.
- Do not use attachments not recommended by the manufacturer.
- Do not operate continuously for more than 30 minutes. After 30 minutes of use, allow the device to rest for at least 30 minutes before using it again.

NOTICE

- Excessive force or weight applied to the device can crush or damage it.
- To avoid damaging the charging cable, do not wrap it around the device.
- Unplug the device immediately in the event of a power failure.
- This device is intended for in-home use only. Do not use in any commercial, rental, institutional, or therapeutic setting.
- Dispose of the product and accessories per state and federal regulations.

Lifetime Warranty

Lifepro Fitness creates quality, durable exercise products and we stand by that quality with a lifetime warranty on all of our products.

If your product ever breaks (and we doubt it will), we'll send you replacement parts and show you how to repair it. If the product cannot be repaired, we'll replace it—free of charge.

Register the Sonic LX at soniclx.lifeprofitness.com to activate your warranty within 14 days of purchase.



Sonic LX™

Percussion Massage Gun

ELEVATE YOUR RECOVERY WITH THE
POWER OF VIBRATION



HELPS EASE
TENSION



AIDS ACTIVITY
RECOVERY



SUPPORTS
FLEXIBILITY



PROMOTES A
CALM STATE



Congratulations on your purchase!

We're excited to be part of your wellness journey.

Scan the QR code to enjoy **15% off**
your next Lifepro® product.



Meet Our Best Seller!

Waver Vibration Plate

Support movement, strength, and recovery from day one—whether you're warming up, cooling down, or establishing a steady fitness routine.



Low Impact, High Efficiency

The Waver adapts to your pace and goals, helping activate muscles, enhance stability, and keep you moving. Whether you're a seasoned athlete or just getting started, this powerful platform empowers you to build a balanced, active lifestyle—one invigorating vibration at a time.

*Discount valid on purchases of \$150 or more.

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